

# 2025 FALL PROGRAM GUIDE

## UCLUELET RECREATION DEPARTMENT

REGISTRATION OPENS SEPTEMBER 3

PROGRAMS RUN SEPTEMBER - DECEMBER

CHAIR YOGA WITH CRIS MARTIN

WWW.UCLUELET.CA  
RECREATION@UCLUELET.CA  
250-726-7772



EARLY YEARS PROGRAMS




YOUTH PROGRAMS

CHILDRENS PROGRAMS

ADULT & YOUTH PROGRAMS

OLDER ADULT PROGRAMS

## WEEKLY ADULT FITNESS PROGRAMS - FALL CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>CHI GONG PRACTICE</b> 10:30 - 11:30 am UCC Fitness Studio Drop-in - \$3 (see inside for info)		<b>CLASSICAL MAT PILATES</b> 6:30 - 7:30 am UCC Fitness Studio Registration or drop-in (see inside for info)	<b>SLOW TO FLOW YOGA</b> 6:15 - 7:15 am UCC Fitness Studio Registration or drop-in (see inside for info)		<i>Interested in volunteering for an adult or childrens program? Contact recreation@ucluelet.ca</i>	
<b>ADULT GYM</b> 12:00 - 1:00 pm UCC Main Hall Drop-in - \$10 (see inside for info)	<b>DANCE FIT 50+</b> 9:00 - 10:00 am UCC Main Hall Drop-in - \$6 (see inside for info)	<b>CHI GONG PRACTICE</b> 10:30 - 11:30 am UCC Main Hall Drop-in - \$3 (see inside for info)	<b>CHAIR YOGA</b> 10:00 - 11:00 am UCC Main Hall Drop-in - \$2 (see inside for info)	<b>DANCE FIT 50+</b> 9:00 - 10:00 am Main Hall Drop-in - \$6 (see inside for info)		<b>FAMILY DAY ROLLER SKATING</b> 12:30 - 3:00 pm Seaplane Base Rec Hall Drop-in - \$5 (see inside for dates)
<b>BARRE BURN</b> 5:25 - 6:10 pm UCC Fitness Studio Registration or drop-in (see inside for info)	<b>YOGA FOUNDATIONS</b> 5:30 - 6:30 pm UCC Fitness Studio Registration or drop-in (see inside for info)		<b>CLASSICAL MAT PILATES</b> 6:30 - 7:30 pm UCC Fitness Studio Registration or drop-in (see inside for info)		<b>UCLUELET RECREATION &amp; PARKS</b> 	<b>SWEAT &amp; SASS DANCE WORKSHOPS</b> 3:30 - 5:00 pm UCC Fitness Studio Registration or drop-in (see inside for dates)
<b>CONTEMPORARY DANCE</b> 6:30 - 7:45 pm UCC Fitness Studio Registration or drop-in (see inside for info)	<b>YIN YOGA</b> 7:00 - 8:15 pm UCC Fitness Studio Registration or drop-in (see inside for info)		<b>BRAZILIAN JIU JITSU</b> 7:00 - 8:00 pm UAC Hall Registration or drop-in (see inside for info)		<b>INDOOR BMX</b> 6:00 - 10:00 pm Seaplane Base Rec Hall Drop-in - \$4 (see inside for dates, children welcome too!)	<b>BRAZILIAN JIU JITSU</b> 6:00 - 7:00 pm UAC Hall Registration or drop-in (see inside for info)
<b>FLOORWORK FLOW</b> 8:00 - 9:00 pm UCC Fitness Studio Registration or drop-in (see inside for info)	<b>ADULT INDOOR SKATEBOARDING</b> 8:00 - 10:00 pm Seaplane Base Rec Hall (see inside for children time frames)		<b>BADMINTON</b> 7:00 - 9:00 pm Drop-in - \$2 USS Gym (non-markable shoes)	<b>ADULT ROLLER SKATING</b> 7:00 - 9:00 pm Seaplane Base Rec Hall Drop-in - \$5 (see inside for dates)	 <b>SAVE THE DATES:</b>  Halloween Howl Friday, October 31 Breakfast with Santa December 13  <b>UCC CLOSURE:</b> December 22/25 January 5/26 	
<b>INDOOR SOCCER</b> 7:00 - 9:00 pm Drop-in - \$2 USS Gym (non-markable shoes)	<b>INDOOR BASKETBALL</b> 7:00 - 9:00 pm Drop-in - \$2 USS Gym (non-markable shoes)	<b>INDOOR VOLLEY BALL</b> 6:30 - 8:30 pm Drop-in - \$2 USS Gym (non-markable shoes)	<b>ADULT ROLLER HOCKEY</b> 7:00 - 9:00 pm Register at UCC \$40 per season Seaplane Base Rec Hall (Must have own gear)	<b>INDOOR PICKLEBALL</b> 6:00 - 8:00 pm Drop-in - \$2 USS Gym (non-markable shoes) (bring your paddles, gear limited)		



# WELCOME TO FALL 2025!

We are very excited to be offering a full range of opportunities for all age. Come rejuvenate the mind and body this fall by joining one of these wonderful programs. Recreation enhances the quality of life by promoting physical, mental and social wellbeing. Recreation is a key component to a healthier and happier lifestyle.

***Please make sure to read our updated registration, cancellation and subsidy policy below.***

## HOW TO REGISTER

The Ucluelet Recreation Department offers three easy ways for program registration: online, by phone, or in person. Spaces are filled on a first come, first served basis. Registration opens on September 3 at 9:00 am. There is no early registration. Payment is required at the time of registration.

## ONLINE REGISTRATION

To use online registration, you will need an account and a credit card. You can create an account or sign-up to access online registration at <https://ucluelet.ca/parks-recreation/recreation/activity-guide-registration/>. If you are having any problems accessing your account please let us know and we will send you a password to be re-set. We would appreciate it if you didn't make a new account.

## IN PERSON & OVER THE PHONE REGISTRATION

Please check our website for up-to-date information on the program guide before registering. You may call the Ucluelet Community Centre at 250-726-7772 during office hours, Sunday to Saturday, 9:00 am - 5:00 pm and our staff will be happy to process your request. Payments by cash, cheque, credit card or debit card are accepted. If you have not received a receipt prior to the program start date, please call to confirm that you have been registered. Please also read confirmation receipts carefully as they note program dates, omitted dates, time frames, etc. Adult fees in the guide do not include taxes, GST will be applied to applicable fees.

## AVAILABLE FUNDING

The Ucluelet Recreation Department subsidy program is available for all ages to residents of Ucluelet who require financial assistance. Please submit applications prior to all program guide registration dates. Applications can be found online at [www.ucluelet.ca](http://www.ucluelet.ca) or stop by the UCC to pick one up.

**JUMPSTART** - Ages (4-18 years) - JumpStart is a community-based charitable program that helps kids in financial need participate in organized sports and recreation. To request funding, complete an online application form which is available at <https://jumpstart.canadiantire.ca/pages/individual-child-grants>.

**KIDSPORT** - So All Kids Can Play! (Ages 6-18 years) - KidSport is a community-based sport charity that provides grants for children to participate in a recognized sport. To apply go to: [www.kidsportcanada.ca](http://www.kidsportcanada.ca).

**TRUE SPORT** - The District of Ucluelet is a member of True Sport. True Sport is an initiative of the Canadian Centre for Ethics in Sport (CCES), a network leader in values-based sport. The CCES encourages and supports all those involved in sport to embrace True Sport as the approach to activate values-based sport. True Sport is an approach to values-based sport that creates the right conditions for individuals to experience good sport, to value it, commit to it, nurture it and stay connected to it all their lives. When all those involved in sport prioritize the welfare, safety, and rights of participants, and recognize and report acts of maltreatment, they create, foster, and preserve sport environments that ensure positive, healthy, and fulfilling sport experiences. We want participants to keep a positive attitude both on and off the field of play. Show respect for everyone involved in creating sporting experiences, both on and off the field of play. Win with dignity and lose with grace. Play honestly – obey both the letter and spirit of the rules. The True Sport values are fairness, excellence, inclusion, and fun. For more information go to [truesport.ca](http://truesport.ca).

**REFUND POLICY** - A full refund or credit will be issued if a course is cancelled.

- \* A full program refund will be issued to people who cancel a program more than two weeks prior to the program start date.
- \* A 5% administration fee will be charged to people cancelling their registration without significant notice prior to the start of a program.
- \* A 10% administration fee, plus a prorated program fee will be levied to people who cancel after a program has begun.
- \* Refunds due to illness will be processed as long as the Recreation Department has been notified within 24 hours after the class has taken place; exemptions can be requested from the Director of Community Services.
- \* Classes missed due to vacations or appointments will not be refunded, unless granted an exception in advance.
- \* All exceptions will be at the discretion of the Director of Community Services. Contact Abby Fortune at [afortune@ucluelet.ca](mailto:afortune@ucluelet.ca) or call 250-266-0297.
- \* Payments made by credit card will be refunded by the original payment method. Payments made by cash, cheque, or debit will be refunded either as an account credit or by cheque. Please allow a minimum of two weeks processing time for reimbursements.

**DROP-IN INFORMATION** - Participants are recommended to contact the UCC to ensure a class is running as instructors require a minimum number of registered students for classes to operate. Please note that space is limited and registered students take precedence. Drop-in students are to pay instructors directly by cash or credit card.

## STAY CONNECTED

Keep an eye out on our Facebook and Instagram page for program updates, cancellations and what is happening next on [facebook.com/ukeerec](https://facebook.com/ukeerec) or on Instagram @ukeerec

Please call us anytime if you have any questions at 250-726-7772 or email [recreation@ucluelet.ca](mailto:recreation@ucluelet.ca)

Abby, Barb, Christie & Candice





## EARLY YEARS PROGRAMS

### GYMNASTIC CLASSES

The Ucluelet Recreation Department partners with Pacific Rim Gymnastics and Gymnastics BC for all of our of classes. This partnership provides children with extended insurance. Families have the option of paying an annual recreation membership fee of \$42 or a competitive membership fee of \$55 to the UCC when registering. Members will also be required to sign a waiver of liability and consent form for Gym BC prior to attending classes. **Please note that memberships are valid from September 2025 to August 2026.**



### PARENT & TOT GYMNASTICS

This program uses the fundamentals of gymnastics and basic mat work to help jumpstart physical literacy for toddlers and preschoolers. Parents will participate together with their child through active gymnastics circuits with songs, games, stretches and free time to explore. This program makes physical development fun and social.

**Mondays, September 15 - December 15 (NO CLASS: OCT 13)**  
Age 1.5 - 3                      11:00 - 11:45 am (with adult)      13/\$143  
UCC Main Hall  
NCCP, L1 Coaches: Lindsay Gralewicz, Shelby McCreesh, Yemaya Windle, Adela Fawks, Josie Beamish, Calla Hurwitz, Sidney Craig & Katie Mills, Support Coach



### TINY TUMBLERS

This program is designed to introduce your young child to safe, gross motor movement through organized gymnastics with play, games and circuits. Children will learn different positions and skills that are designed to allow the child a safe experience with various movements. Remember to bring your water bottle and wear clothing to move in.

**Mondays, September 14 - December 15 (NO CLASS: OCT 13)**  
Age 3 - 5                      1:30 - 2:15 pm                      13/\$143  
Age 3 - 5                      2:15 - 3:00 pm                      13/\$143  
UCC Main Hall  
NCCP, L1 Coaches: Lindsay Gralewicz, Shelby McCreesh, Yemaya Windle, Adela Fawks, Josie Beamish, Calla Hurwitz, Sidney Craig & Katie Mills, Support Coach

### KINDER GYM - NEW

This class is for children aged four to six year old. The class will build upon the fundamentals of gymnastics, introducing children to beginner skills, body awareness and movement through play-based activities and structured circuits.

**Sundays, Sept 14 - Dec \***  
**\*(NO CLASS: SEPT 21, OCT 5, 12)**  
Age 3.5 - 6    1:30 - 2:30 pm    11/\$121

**Mondays, Sept 15 - Dec 15\***  
**\*(NO CLASS: OCT 13)**  
Age 3.5 - 6    5:00 - 6:00 pm    13/\$143  
UCC Main Hall  
NCCP, L1 Coaches: Lindsay Gralewicz, Shelby McCreesh, Yemaya Windle, Adela Fawks, Josie Beamish, Calla Hurwitz, Sidney Craig & Katie Mills, Support Coach



## SWIMMING PROGRAM

*Please welcome our certified Swimming Canada Instructor Anna Charles*



Hello Ucluelet! Some of you may know me from the Ucluelet Aquarium, but before moving here I spent over 12 years as a swim coach. I grew up as a competitive swimmer, racing internationally and at the varsity level in university, and later worked as Vancouver Island's Regional Coach before moving to Ucluelet. Coaching has always been a big part of who I am, and nothing makes me happier than helping swimmers build their skills and confidence. Whether it's blowing bubbles for the first time or becoming a faster, more efficient swimmer, I'm excited to meet you all and support you in reaching your goals!

Swimming Canada serves as the national governing body of competitive swimming and inspires Canadians through world leading performances to embrace a lifestyle of swimming, sport, fitness and health.

**No levels will be evaluated this season with the Lifesaving Society program**, though swimmers will receive a report at the end of the sessions. This season Anna will continue to inspire kids in the water with engaging weekly swim instructions, assisting with technique, form, and fun games.



### WEST COAST MOTEL POOL RULES

- \*Swimmers are to use back entrance of motel only.**
- \*Swimmers must rinse off in showers & use the washroom before entering the pool.**
- \*Swimmers will keep the change room area clean at all times.**

**PARENT & TOT SWIM** - Age 4 months - 36 months  
Especially for children aged 4 months to 3+ years and their parents. Based on the principle "Within Arms Reach", these classes focus on close playful interaction and shared fun between child and parent.

**PRESCHOOL SWIM** - Age 3 - 5  
Lets give children a head start on learning to swim. They'll have fun developing the basics to be safe and confident little swimmers.

**TUESDAYS, OCTOBER 14 - DECEMBER 9 \*(NO CLASSES: NOV 11)**

<b>PARENT &amp; TOT (4 months - 3 yrs)</b>	1:30 - 2:00 pm	8/\$112
<b>PRESCHOOL 1 - 3</b>	2:00 - 2:30 pm	8/\$112
<b>PRESCHOOL 4 - 5</b>	2:30 - 3:00 pm	8/\$112

### MINI- MOVERS

Starting at the age of three, this is a great program for littles to learn movement and musicality. These classes include fun games and exercises to assist students with their memory, mobility, flexibility, while creating a foundation for future dance practices. These classes are independent from parents. Students are to dress appropriately and wear clothing to move in.

Age 3 - 5



**Mondays,**  
**Session A: September 8 – October 27\***    2:00 – 2:45 pm    6/\$60  
**\*(NO CLASS: SEPT 22, OCT 13)**

**Session B: November 3 – December 15\***    2:00– 2:45 pm    6/\$60  
**\*(NO CLASS: NOV 10)**  
UCC Fitness Studio  
Instructor: Robert Gusdal



# CHILDREN PROGRAMS

## KIDS AND PARENT POTTERY PAINTING WORKSOP Age 5 +

Join Ebony in the studio this rainy winter for an afternoon of pottery painting fun with the kids! Parents and children are welcome to come choose from a variety of pre-made casted pottery to paint themselves. Pick out a couple pieces of bisque-ware, be it a cup, butter dish, candle holder or other options available to paint ,to add to your home décor or a gift this holiday season. Participants may select a choice of up to five pieces per-person ranging in size and functions. No experience needed. Work will be fired and available for pick-up in about a week’s time after workshop.



**Monday, December 8** 5:30 - 7:00 pm \$80  
Fee includes 1 child & parent, extra child is an additional \$20  
UCC Pottery Studio  
Instructor: Ebony Faithful  
**SPOTS LIMITED SO BOOK EARLY!**

## KIDS CLAY Age 7 +

This fun afternoon kid’s class will introduce the basic skills of hand building. Students will discover the art and love of ceramics while having fun and letting their creative minds be free. Kids will learn basic sculptural clay techniques such as pinch pots, coil and slab. Kids will come home with exciting pieces that they can keep forever. All firing, materials and supplies provided.



**Mondays,**  
**Session A: September 8 – October 6** 3:00 – 4:30 pm 5/\$180  
Ages 7 - 9  
**Session B: October 27 - November 24** 3:00 – 4:30 pm 5/\$180  
Ages 9+  
UCC Pottery Studio  
Instructor: Ebony Faithful

## WELCOME TING TING CHEN

Ting Ting Chen is a current member of the pottery studio in the UCC. She has been practicing ceramics for several years, including a variety of hand building and wheel throwing techniques. With a background in graphic design, painting, and mixed media, Ting enjoys integrating her skills from those mediums into her pottery forms and designs. Ting is very excited to introduce wheel throwing to the youth of Ucluelet, with the hope that it provides them with a new opportunity to grow their creativity and artistic curiosity.



## YOUTH BEGINNER’S WHEEL THROWING WORKSHOP Age: 10 - 16

This class will introduce students to the ancient art of wheel throwing in a supportive and creative environment. Perfect for beginners, students will learn foundational pottery wheel throwing techniques like centering, pulling, shaping, and painting. Each student will learn through classroom demonstrations, followed by one-on-one coaching and instruction to allow them to explore their personal artistic potential. By the end of the workshop, students should understand the basic steps of wheel throwing and will create one or more ceramic pieces that they can take home. Be prepared to get messy and have fun!



**Thursday, September 11 & Thursday, September 25**  
**First class, 3:00 - 5:00 pm; second class, 3:00 - 4:00 pm**  
Age: 10 - 16 \$125  
UCC Pottery Studio  
Instructor: Ting Ting Chen

## STEM

Discover the wonderful world of science, technology, engineering and mathematics (STEM)! Through four interactive workshops, kids will learn principles of chemistry, physics, and biology through fun, hands-on activities. Exciting and thought-provoking experiments will blend science and creativity to stimulate curious minds. All levels welcome!



**Wednesdays September 24 - October 15**  
Ages 6 - 8 4:00 - 5:00 pm \$80  
Ages 9 -11 5:30 - 6:30 pm \$80  
UCC Activity Room 2  
Instructor: Elisa Skoett

## KIDS IN THE KITCHEN Age 8 - 12

Lisa Woodland is a certified Early Childhood Educator with a background in culinary arts. In this course, children will explore the five food groups with the intention of igniting their joy of eating well and nurturing others. Children will gain practical knowledge of safe food preparation and confidence in the kitchen. “A good day, is a good meal!



**Fridays, November 7 - 28** 4:00 - 5:30 pm 4/\$160  
Age 8 - 12  
UCC Kitchen  
Instructor: Lisa Woodland

# CHILDREN FITNESS

## DANCE FUNDAMENTALS Age 5 - 8

Join Robert for this fun filled class for all levels that will learn the basics techniques of movements of dance. This class will serve as a foundational introduction to dance, helping students build a strong base for more advanced training. We will cover elements like posture, body alignment, basic steps, and rhythmic patterns. Come and explore dance together.



**Mondays,**  
**Session A: September 8 – October 27\*** 3:00 – 4:00 pm 6/\$60  
**\*(NO CLASS: SEPT 22, OCT 13)**  
**Session B: November 3 – December 15** 3:00– 4:00 pm 6/\$60  
**\*(NO CLASS: NOV 10)**  
Age 5 - 8  
UCC Fitness Studio  
Instructor: Robert Gusdal

## YOUTH CONTEMPORARY DANCE Age 9 +

Contemporary dance is a dynamic and expressive dance form that blends elements of ballet, modern, and jazz, while also incorporating elements of other styles and even improvisation. It’s characterized by its fluidity, freedom of movement, and focus on personal expression, rather than strict adherence to traditional techniques. This makes it a versatile and ever-evolving genre, open to individual interpretation and innovation. Explore your own physicality and connection to body through movement. Express your emotions from joy to sorrow, anger and contemplation through movement. Communicate your own from of artistic expression in the open and welcoming environment.

**Mondays,**  
**Session A: September 8 – October 27\*** 4:15 – 5:15 pm 6/\$60  
**\*(NO CLASS: SEPT 22, OCT 13)**  
**Session B: November 3 – December 15** 4:15– 5:15 pm 6/\$60  
**\*(NO CLASS: NOV 10)**  
Age 9+  
UCC Fitness Studio  
Instructor: Robert Gusdal





# CHILDREN FITNESS

## GYMNASTICS

The Ucluelet Recreation Department partners with Pacific Rim Gymnastics and Gymnastics BC for all of our classes. This partnership provides children with extended insurance as well as the opportunity to visit larger gymnastics clubs to participate in fun recreational events. Families have the option of paying an annual recreation membership fee of \$42 or a competitive membership fee of \$55 to the UCC when registering. Members will also be required to sign a waiver of liability and consent form for Gym BC prior to attending classes. *Please note that memberships are valid from September 2024 - August 2025.*



**Recreational members** participate in artistic, acrobatic, aerobic, parkour, cheerleading, basic circuits, and art programs.

**The competitive members** (level 6+) and **pre-competitive members** (level 4 - 6) classes take a more technical approach to gymnastics. These classes focus on competition preparation, skill acquisition, strength and flexibility training and routine choreography. Athletes in these programs will travel to competitions, training camps and different gymnastics events throughout BC.

**Kinder Gym** - This class is for children aged three & a half to six. This class will build upon the fundamentals of gymnastics; introducing kids to beginner skills, body awareness and movement through play-based activities and structured circuits.

**Parkour & Gymnastics** - This class is for children who would prefer to focus on equipment like the pommel horse, rings, vault, bars and floor as well as learn the basics of parkour and falling. Open to all boys and girls.

**High School Team** - This program is for athletes ages 12 - 17 who are interested in competing in high-school gymnastics. Athletes in this program will represent Ucluelet Secondary School and Pacific Rim Gymnastic in events across Vancouver Island. This program is open to athletes of all competitive levels and will focus on skill development, event-specific routines, choreography, strength training and flexibility.

All gymnastics participants will learn the fundamentals of sport, spacial awareness and physical literacy through the fun of gymnastics. Children will experience jumping, swinging and inverting, building upon every skill as classes develop. Come on out and have fun working on your balance, flexibility, strength and speed.

### PARENTS PLEASE REMEMBER - WE NEED YOUR HELP.

We greatly appreciate parents supporting this program by assisting to put equipment away on Monday evenings. Please let coaches know of any availability you might have. *Thank you!*

<b>Sundays, September 14 - December 14 *(NO CLASS: OCT 12)</b>			
Parkour	(No Class: Sept 21, Oct 5, 12)	12:30 - 1:30 pm	11/\$121
Rec Level 1 - 3	(No Class: Sept 21, Oct 5, 12)	12:30 - 1:30 pm	11/\$121
Kinder	(No Class: Sept 21, Oct 5, 12)	1:30 - 2:30 pm	11/\$121
Pre-Competitive		2:30 - 4:30 pm	13/\$286
Competitive (14 & under)		4:30 - 7:00 pm	13/\$357.50

<b>Mondays, September 15 - December 15 *(NO CLASS: OCT 13)</b>			
Parent & Tot (1.5 - 3 yrs)		11:00 - 11:45 am	13/\$143
Tiny Tumblers (ages 3 - 5 yrs)		1:30 - 2:15 pm	13/\$143
Tiny Tumblers (ages 3 - 5 yrs)		2:15 - 3:00 pm	13/\$143
High School & Comp (14+)		3:30 - 5:00 pm	13/\$214.50
Kinder & Rec Level 1 - 3		5:00- 6:00 pm	13/\$143
Rec Levels 4+		6:15 - 7:15 pm	13/\$143

UCC Main Hall  
NCCP, L1 Coaches: Lindsay Gralewicz, Shelby McCreesh, Yemaya Windle, Adela Fawks, Josie Beamish, Sammy McCurrie, Calla Hurwitz, Sidney Craig & Katie Mills, Support Coach

## SWIMMING

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- \*Swimmers must rinse off in showers & use the washroom before entering the pool.
- \*Swimmers will keep the change room area clean at all times.

#### TUESDAYS, OCTOBER 14 - DECEMBER 9 \*(NO CLASSES: NOV 11)

SWIMMER 1	3:00 - 3:30 pm	8/\$112
SWIMMER 2	3:30 - 4:00 pm	8/\$112
SWIMMER 3	4:00 - 4:30 pm	8/\$112
SWIMMER 4	4:30 - 5:00 pm	8/\$112
SWIMMER 5	5:00 - 5:30 pm	8/\$112
SWIMMER 6	5:30 - 6:00 pm	8/\$112

#### WEDNESDAYS, OCTOBER 15 - DECEMBER 10 \*(NO CLASSES: NOV 12)

ROOKIE/RANGER/STAR PATROL	5:00 - 6:00 pm	8/\$168
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### KIDS SPORTS CROSS-TRAINING THROUGH MARTIAL ARTS

This class will focus on improving fitness for young athletes and high energy kids through martial arts training and exercises. We will take a balanced approach to fitness by focusing on developing speed, strength, power, balance, flexibility and endurance in a healthy manner appropriate for younger athletes. Kids will have fun performing martial arts and fitness drills in a positive and encouraging environment that will tire you out. Special attention will be paid to stretching and learning the muscles of the body and the movements they perform. Emphasis will be on a philosophy of non-violence, while given a healthy outlet for physicality, building self-confidence and physical awareness.



#### Fridays, October 24 - December 19 \*(NO CLASS: OCT 31)

Grades 3 - 7	5:45 - 6:30 pm	8/\$80
UCC Main Hall		
Instructor: Lonnie Kaechele		

### KIDS MARTIAL ARTS/SELF-DEFENSE CLASS

This class focuses on developing and improving martial arts and self-defense techniques. Kids and young teens interested in acquiring martial arts skills, and/or abilities to defend themselves, are encouraged to participate. No prior experience is necessary, and all abilities are welcome. Foundational skills such as stance and position, punches, kicks, knees and elbows, along with escapes and clear communication will be practiced. Each class will include a warm-up, stretching and a cool down. Kids will practice striking padded targets held by the instructor and/or work in partners if comfortable doing so. Emphasis will be on a philosophy of non-violence, building self-confidence and physical awareness.



#### Fridays, October 24 - December 19 \*(NO CLASS: OCT 31)

Grades 4 - 8	6:45 - 7:30	8/\$80
UCC Main Hall		
Instructor: Lonnie Kaechele		

## SWIMMING

## FITNESS

## GYMNASTICS



## THORNTON CREEK HATCHERY SOCIETY BULLHEAD DERBY

**Sunday, September 21**  
11:00 - 1:00 pm

Hemlock Rd, Small Craft Harbour, Outer Dock  
Meet by the fish cleaning station! FREE Hotdog BBQ

**MARK YOUR CALENDARS**





Soccer



Welcome to the 2025 - 2026 Soccer season.

Participants playing soccer will learn the importance of teamwork, while learning the rules of the game and practicing their soccer techniques and skills.

Soccer teams U-7 to U-13 will practice once a week and play games against Tofino.

Thank you to our fabulous volunteer coaches who make this sport possible and the Ucluelet Parks Team for the field preparation and maintenance.

Please note: those teams without coaches will be on hold until volunteers are in place.

We are always looking for more coaches to assist with this program so if you are interested in volunteering with soccer please email bgudbranson@ucluelet.ca

For information on westcoast travel teams please contact Dave Tovell @ 250-534-9052.

<b>SOCCER - U5</b>	Born in 2020/21
Practice: TBA	
Coach: Volunteers required	Cost: \$80
<b>SOCCER - U7</b>	Born in 2019/20
Practice: Mondays, 3:30 - 4:30 pm at Rec Hall	
Coaches: Josh Brown, Amanda Cameron	Cost: \$80
<b>SOCCER - U9 MIXED</b>	Born in 2017/18
Practice: Tuesdays, 3:30 - 4:30 pm at the Rec Hall	
Coaches: Dario Phillips, Matt Lock, Jason Corlazzoli, Shaun Scott	Cost: \$80
<b>SOCCER - U9 FEMALE</b>	Born in 2017/18
Practice: Thursdays, 3:30 - 4:30 pm at Rec Hall	
Coaches: Mandala Smulders, Kaleigh Day, Amanda Cameron	Cost: \$80
<b>SOCCER - U11 FEMALE</b>	Born in 2015/16
Practice: Thursdays, 4:30 - 5:30 pm at Rec Hall	
Coaches: Sheldon Vos, Dario Phillips, Kaleigh Day	Cost: \$80
<b>SOCCER - U11 MIXED</b>	Born in 2015/16
Practice: Wednesdays, 4:00 - 5:00 pm at Tugwell	
Coaches: Kevin Mair, Tom Grozier, Faye Misar	Cost: \$80
<b>SOCCER - U13 MIXED</b>	Born in 2013/14
Practice: TBA	
Coaches: Volunteers required	Cost: \$80
<b>SOCCER - U13 FEMALE</b>	Born in 2013/14
Practice: Tuesdays, 5:15 - 6:15pm at Tugwell	
Coaches: Dave Tovell, Shaun Scott	Cost: \$80
<b>SOCCER - U16 MIXED</b>	Born in 2012/13
Practice: TBA	
Coaches: Volunteers required	Cost: \$80

PLEASE NOTE THAT TIME FRAMES AND PRACTICE DATES WILL BE AMENDED TO CORROLATE WITH COACH AVAILABILITY.

Indoor Skateboarding

Drop into Ukee’s radest locals’ night for all ages and skill sets. Don’t forget to sign the waiver form - children & adults. There will be a few skate ramps and rails set up. Please respect each other’s space and abilities. Helmets are mandatory.

<b>Tuesdays, October 7 - December 16</b>	
Children & Families	7:00 - 8:00 pm
Adults	8:00 - 10:00 pm
Seaplane Base Rec Hall	\$2 drop-in
Volunteers: Leon Davies, Ollie Ouellet	



Indoor BMX

Drop into Ukee’s indoor BMX arena at the Rec Hall this fall. Practice your maneuverability, jumps and tricks. Helmets are mandatory and participants must sign a waiver of liability. Every second Saturday starting Sept 13 - put it in your calendar!

<b>Saturdays, September 13, 27, October 10, 24, November 1, 15, 29, December 13</b>	
All ages welcome	6:00 - 10:00 pm
Seaplane Base Rec Hall	\$4 drop-in
Volunteers: Layton McLeod & Chris Denman	



Youth Programs

The Edge Youth Room

Youth Coordinators:Tristan Godberson, Annie Goertzen, Shawna Flynn, Jasper Douw

CLOSED DURING STATUTORY HOLIDAYS

UCLUELET COMMUNITY CENTRE - 500 MATTERSON DR

Youth Drop-in

Come on by and just hang out or play games, do homework, get support, use our free art supplies and enjoy some snacks.



Mondays to Thursdays, September 8 - December 18 3:15 - 5:15 pm

Queer Youth Connections

Join us on Tuesdays in a trusting and comfortable environment for 2S/LGBTQQIA+ youth and allies. Play board games, create crafts, or just hang out and watch a movie. This is an inclusive space where youth lead the way for programming, just let us know your thoughts.



Tuesdays, October 7 - December 16 \* 3:15 - 5:15 pm

\*NO SESSION: SEPT 30, NOV 11

Cooking Series

Enjoy eating tasty food each week while learning skills to cook and bake nourishing food. Let Annie know what you are interested in!



Tuesdays, September 23 - December 16\* 5:00 - 7:00 pm

\*NO SESSION: SEPT 30, NOV 11

Games Night

Join Annie after school for some fun and sometimes challenging board games. Laugh and learn with friends and like minded people!



Tuesdays, September 23 - December 16\* 7:00 - 9:00 pm

\*NO SESSION: SEPT 30, NOV 11

Wellness Wednesdays & Student Leadership Group

This group meets weekly to increase connection among youth and discuss opportunities or future events, training and opportunities; to hear the voices of our youth, see their talents, and their needs.



Wednesdays, September 4 - December 16 3:15 - 5:15 pm

Art Attack

Drop-in and join an art project with Shawna this season. There are lots of supplies. Try your hand at sketching or painting, or create a bracelet by beading. Interested in knitting or crochet? We have some yarns as well. Have some new ideas let us know.



Thursdays, September 11 - December 19 3:15 - 5:15 pm

Friday Night Live

Come hang out with your friends and make some new ones over a movie, art, silly games, karaoke, sports and have some good clean fun at the UCC. What a great way to end your week with fun and friends.

Fridays, September 26 - December 19 7:00 - 9:30 pm

UKEE ADVENTURE CLUB

Age 12+

The Ukee Adventure Club is a weekly program for youth aged 18 and under who are eager to explore the outdoors and build confidence through adventure-based learning. Participants will engage in fun, hands-on sessions that mix practical skills with planning and teamwork. Each week, the group will learn foundational outdoor knowledge such as map and compass reading, trip planning, shelter-building basics, and gear awareness. The program will also explore the use of modern navigation systems and apps, helping youth connect traditional skills with today’s technology. The Ukee Adventure Club focuses on conversation, planning, and preparation for adventures while building teamwork, resilience, and a love for the outdoors.



Saturdays, September 20 - December 13 10:00 - 1:00pm

Meet at the UCC Youth Room - bring your lunch and water bottle

Instructor: Jasper Douw

SPORT

SPORTS

YOUTH



ADULT PROGRAMS

WATERCOLOR CLASS FOR BEGINNERS

In this class you will learn the foundation of watercolor painting through a series of guided exercises and paintings. We will practice tones and values, combining colours, using dry and wet techniques, to see how the water, colors and brushstrokes interact on the paper. By the end of this course, you will feel ready to do your own paintings applying what you learned and exploring your unique ideas. All supplies for the class will be provided. Miren Delgado is a watercolour artist and a professional character animator, her paintings are inspired by nature, travel and surging. Instagram @olasdecocoloresart.



**Sundays, October 19 - November 23\*** 6:00 – 8:30 pm  
**\*(NO CLASS: NOV 9)** 5/\$260 + gst  
UCC Activity Room 2  
Instructor: Miren Delgado

DINNER THEATRE

Age 19+

Channel your inner diva and join this one of a kind community theatre group! Actors will work together and perform a stellar comedy show that will captivate your community. Orientation and role assignment with the cast will take place December 4 and 11, followed by rehearsals starting in January - NO EXPERIENCE NECESSARY! Come and check out this great community theatre program and meet some great people! First class is free. Dates of performance TBA.

*This experience is an absolute blast, loads of laughter and new friendships. We'd love for you to join in!*



**Thursdays, December 4 - April 9\*** 7:00 - 9:00 pm  
**\*(NO CLASS: DEC 25, JAN 1)** \$125 + gst  
UCC Main Hall  
Instructors: Courtney Johnson & Jacqueline Holliday

SPANISH CLASS

The Spanish program offers a fantastic opportunity to improve pronunciation, expand vocabulary, and strengthen grammar skills. It is designed for beginners and lower intermediate learners who want to deepen their understanding of the language's structure and develop greater independence in their Spanish.

Hablo Español

**Mondays, October 6 - November 24\*** 6:30 - 7:30 pm  
**(NO CLASS: OCT 13)** 7/\$84 + gst  
UCC Activity Room 1  
Instructor: Florencia Santos Contreras

INTRO TO SYNTHESIZER AND RECORDING MUSIC

Come learn the basics of making and recording music in Ableton Live on a computer! We will cover simple recording techniques the basics of using synthesizers and expand our knowledge through the course. After covering the basics, topics can range on what students are interested in, which can include recording real instruments, microphones, digital instruments, synthesizers, composing, sequencing, mixing and mastering. Bring headphones and laptops if you have them.

**Wednesdays, October 22 - November 12**  
**Group 1** 5:30 - 7:00 pm  
**Group 2** 7:15 - 8:45 pm  
12+, unless accompanied by an adult 4/\$75 + gst  
UAC Hall, 1510 Peninsula Road  
Instructor: Nick Haisch



ADULT HANDBUILDING

This five week hand building class is perfect for all skill levels. Whether you're a beginner or a returning student just wanting to get back in touch with clay. Students will learn a number of ceramic techniques used in hand building such as pinch pots, coils, slab and sing molds. Students will also learn the basics of glazing and the ceramic process. So bring your ideas and inspiration, your teacher will be right there with you to guide and encourage you to make beautiful items you can keep forever. Cost of the class includes all firing, equipment and materials.



Age 16+

**Mondays, September 8 - October 6** 6:00 - 8:15 pm  
UCC Pottery Studio 5/\$240 + gst  
Instructor: Ebony Faithful

WELCOME SARA NEWSTEAD

Sara is a ceramic artist who first started making pottery in 2018. She enjoys creating functional pieces that spark everyday joy! She loves the mindful process of ceramics and delights in the uniqueness found in each and every piece made. Her work is inspired by the natural beauty that surrounds us here on the west coast.



CUPS & TUMBLERS ON THE WHEEL

This is a wheel based pottery class for experienced potters where students will learn techniques for throwing, trimming and glazing. This class is great for someone who has taken an introductory class and is interested in improving their throwing skills and practicing making consistent pottery shapes on the wheel. We will go over prepping clay, centering and how to throw consistent pieces on the wheel. Design and glaze techniques will also be covered. Students will be supplied with enough clay to come out with a set of four cups of their own! Sets will be available to pick up one to two weeks after glazing night.



**Friday, October 3** 6:00 - 9:00pm (throwing) \$130 + gst  
**Friday, October 10 & 17** 6:00 - 8:00pm  
UCC Ceramic Studio  
Instructor: Sara Newstead

BIG BOWLS

This course is for experienced potters who wants to size up their bowls, from noodles to fruit bowls. We will explore techniques for centering larger amounts of clay, how to trim, and how to glaze larger ware. This is not a beginner course, you should be able to consistently center a lump of clay before registering for this class. Excited to share my love of big bowls with you!



**Thursdays, October 9, 16, 23, 30** 6:00 - 8:00 pm  
UCC Ceramics Studio \$200 + gst  
Instructor: Halfdan Hem

XMAS ORNAMENT MAKING WORKSHOP

Get into the holiday cheer and come over to the pottery studio to make some Xmas decorations and ornaments! This year hand-build your own ornaments for your tree or gifts for friends and family. Students can expect to make roughly ten or so ornaments. The first class is for creating and the second class is for glazing.



Age 15+

**Tuesday, November 25 & December 2** 5:30 pm - 7:30 pm  
UCC Pottery Studio \$85 + gst  
Instructor: Ebony Faithful

POTTERY STUDIO MONTHLY MEMBERSHIPS

Please note we have a lengthy waitlist and patience is required to gain access to the pottery studio. Members must have taken at least two courses, have a firm grasp of the ceramic process and be comfortable and knowledgeable to work **independently**. Membership fees include use of the room, equipment and firing. The studio recycles all clay, so members must use clay provided by the studio. Clay can be purchased from the Studio Coordinator. For more information please call the UCC at 250-726-7772.

**Monthly Memberships:** \$140  
Hours of availability: Sunday - Saturday, 9:00 - 5:00 pm & Wednesdays 5:00 - 9:00pm, excluding Statutory Holidays and programmed classes.



## ADULT WORKSHOPS

### WELCOME SONJA ZUPANEC

Sonja Zupanec is a certified Ayurveda Wellness Coach and body work therapist operating from a tranquil clinic setting on Gabriola Island. Her mission is to inspire lasting shifts in people's wellbeing through Ayurveda's simple, natural tools, and to encourage self-healing practices that fit everyday life. Passionate about sustainable health care options, Sonja travels across Vancouver Island to offer warm, down-to-earth workshops that make ancient wisdom easy to understand and apply at home.



### AYURVEDA WELLNESS WORKSHOPS FOR EVERYDAY COASTAL LIVING

Life on the west coast can be demanding—long days, hard work, and weather that changes in a heartbeat. Ayurveda, a 5,000-year-old system of natural health, offers simple, time-tested ways to keep your body resilient and your mind steady through every season. These hands-on workshops are rooted in practical self-care you can do at home, using traditional techniques that fit into even the busiest days.

Register for one or all four engaging workshops to learn how to strengthen what works, restore what's worn down, and connect more deeply to the rhythms of your own body—so you can keep doing the work and living the life you love, for years to come!



**\$30 per session + gst -**  
**Register for all four and receive a 40% discount**

**Ayurveda Self Massage: Hands and Feet**  
**Saturday, November 1** 2:00 - 4:00 pm \$30 + gst

Your hands and feet work hard every day—hauling, mending, paddling, digging, or simply carrying you through life. In this hands-on workshop, learn the traditional Ayurveda art of self-massage (abhyanga) to restore strength, circulation, and balance to hands and feet. We'll cover marma (energy) points, choosing the right oils, and how breath and touch together can settle the nervous system and support deep, restful sleep. This is practical self-care you can use year round to keep your body resilient and your mind steady. Bring a hand towel and a re-useable mug for a soothing Ayurveda tea!

**Ayurveda Eye Care & Digital Detox for Inner & Outer Clarity**  
**Saturday, November 1** 6:00 - 8:00 pm \$30 gst

Our eyes are constantly in use—and often overworked. This workshop draws on time-tested Ayurveda practices to help you rest, protect, and strengthen your vision and avoid common eye complications. Learn simple, natural ways to ease eye strain, improve focus, and settle an overstimulated mind, while exploring how modern screen habits affect your sleep, mood, and longevity. You'll leave with easy routines to give your eyes and mind a daily reset, no matter how busy life gets. Bring a bath size towel and a re-useable mug to sample an eye strengthening Ayurveda tea!

**Ayurveda Five Senses Cleansing**  
**Sunday, November 2** 10:00 - 11:30 am \$30 gst

Our eyes, ears, nose, mouth, and skin work hard for us every day—but when they get overloaded, it can leave us feeling foggy, tired, and run down. In this hands-on workshop, we'll explore simple Ayurveda techniques to clear and protect each of your five senses, so your mind stays sharp, your digestion strong, and your energy steady. Using natural, easy-to-find tools, you'll learn daily and seasonal routines that fit into real life—no fancy spa needed, just practical care for the body you rely on. Bring your re-useable mug for a cleansing Ayurveda tea!

**Emotions in the Body: Ayurveda Approach to Organ Health and Emotional Balance**  
**Sunday, November 2** 1:30 - 3:00 pm \$30 gst

Ayurveda teaches that our emotions live in the body, with each organ carrying its own "emotional memory." Over time, unbalanced feelings can affect physical health, just as a tired body can cloud the heart and mind. In this workshop, you'll learn to read your body's messages, understand the link between emotional and organ health, and work with food, herbs, breathwork, and daily rhythms to restore harmony. This is steady, practical self-care for keeping your whole system—body and mind—strong in every season. Bring your re-useable mug for a grounding Ayurveda tea!

**The mind is everything. What you think, you become.**

**Buddha**  
—————>>>

## ADULT FITNESS

### YOGA FOUNDATIONS

This class is suitable for beginner to intermediate students who are looking to work on the foundations of yoga. We will be moving slowly focusing on alignment and modifications to make yoga accessible for all bodies. This class will have a mix of standing and floor postures with props and tools available to make the experience comfortable and enjoyable for all.



**Drop-in \$15, please review drop-in information.**

**Tuesdays,** 5:30 - 6:30 pm  
**Session A: September 9 - October 28**  
**\*(NO CLASS: SEPT 30)** 7/\$84 + gst  
**Session B: November 4 - December 16**  
**\*(NO CLASS: NOV 11)** 6/\$72 + gst  
UCC Fitness Studio  
Instructor: Norannda Sigmund



### YIN YOGA

Join Norannda in this meditative yoga practice that works deeply into our body with passive, longer-held poses. This type of yoga promotes deep relaxation, calms and balances the mind and body and increased circulation and flexibility. The class will be themed with the new moon and include intention setting and journaling.

**Drop-in \$18, please review drop-in information.**

**Tuesdays,** 7:00 - 8:15 pm  
**Session A: September 9 - October 28**  
**\*(NO CLASS: SEPT 30)** 7/\$84 + gst  
**Session B: November 4 - December 16**  
**\*(NO CLASS: NOV 11)** 6/\$72 + gst  
UCC Fitness Studio  
Instructor: Norannda Sigmund

### SLOW TO FLOW YOGA

Start your morning off in a calm and slow setting with some gentle movements. We will begin slowly with a meditation, then warm up our bodies with gentle movements before moving into slow standing flows. This class is for all levels and bodies. You can expect to feel, awake and invigorated for your day after this gentle class.

**Drop-in \$15, please review drop-in information.**

**Thursdays,** 6:15 - 7:15 am  
**Session A: September 11 - October 30** 8/\$96 + gst  
**Session B: November 6 - December 18** 7/\$84 + gst  
UCC Fitness Studio  
Instructor: Norannda Sigmund





ADULT FITNESS

DROP-IN INFORMATION

Participants are recommended to contact the UCC at 250-726-7772 to ensure a class is running as instructors require a minimum number of registered students for classes to operate. Please note that space is limited and registered students take precedence. Drop-in students are to pay the instructor directly at the beginning of class by cash or credit card, please do not be late.

CONTEMPORARY DANCE

This class will be where structured where students will be led in a group stretch and warm-up routine followed by learning a new piece of choreography each week. This class will offer an opportunity for dancers of all levels to participate in a fun and encouraging atmosphere where you can improve your technique, learn new skills, and perform among friends.



Drop-in \$18, please review drop-in information.

**Mondays,**  
**Session A: September 8 – October 27\*** 6:30 - 7:45 pm 6/\$72 + gst  
**\*(NO CLASS: SEPT 22, OCT 13)**  
**Session B: November 3 – December 15** 6:30 - 7:45 pm 6/\$72 + gst  
**\*(NO CLASS: NOV 10)**  
UCC Fitness Studio  
Instructor: Robert Gusdal



FLOORWORK FLOW

This class will be a drop-in based dance class where students will expect to be led in a group stretch & warm-up followed by learning a new piece of choreography each week. Students should expect choreography that aims to explore sensual movement, classic burlesque/strip tricks, and sexy heels movement. This class is open to all levels but to ensure a safe well rounded class, students should be open to learning & executing: shoulder rolls with minimal assistance, tricks that include inversions, and be comfortable picking up choreography. Wear fitted clothing you feel comfortable moving in with something to cover your knees (pants or knee pads). If wearing heels it is mandatory that they are **none marking**. Class is open to all gender identities.

Drop-in \$18, please review drop-in information.

**Mondays,**  
**Session A: September 8 – October 27\*** 8:00 - 9:00 pm 6/\$72 + gst  
**\*(NO CLASS: SEPT 22, OCT 13)**  
**Session B: November 3 – December 15** 8:00 - 9:00 pm 6/\$72 + gst  
**\*(NO CLASS: NOV 10)**  
UCC Fitness Studio  
Instructor: Robert Gusdal

SWEAT & SASS DANCE WORKSHOPS

Embrace your feminine energy with this sensual, and sassy class. Learn moves that make you feel confident and bold while working up a sweat. This is a fun, safe, and supportive atmosphere to explore and embrace your body. Discover new moves, improve your technique and learn a short piece of choreography. All levels welcome.



Drop-in \$20, please review drop-in information.

**Sunday, September 21, October 19, November 23**  
UCC Fitness Studio 3:30 - 5:00 pm  
Instructor: Britt Buirs 3/\$54 + gst

CLASSICAL MAT PILATES

Join Kaleigh in this classical, low to medium intensity mat Pilates class where we will build strength and flexibility through bodyweight movements, with an emphasis on strong core muscles. We will start with the foundations and progress towards more intermediate techniques. Expect to laugh a little along the way.



Drop-in \$15, please review drop-in information.

**Wednesdays, (mornings)** 6:30 - 7:30 am  
**Session A: September 17 - October 29 \*** 5/\$60 + gst  
**\*(NO CLASS: SEPT 24, OCT 1)**  
**Session B: November 5 - December 17** 7/\$84 + gst  
  
**Thursdays, (evenings)** 6:30 - 7:30 pm  
**Session A: September 18 - October 30\*** 4/\$48 + gst  
**\*(NO CLASS: SEPT 25, OCT 2, OCT 16)**  
**Session B: November 6 - December 18** 7/\$84 + gst  
UCC Fitness Studio  
Instructor: Kaleigh Haisch



BARRE BURN

Be prepared to sweat as we move collectively to the beat of the music. This class fuses ballet, Pilates and strength training for a full body workout. This low impact class can help improve posture, muscle definition, flexibility and balance. Modifications will be provided to support all fitness levels. No equipment needed.

Drop-in \$15, please review drop-in information.

**Mondays, October 6 - November 24\*** 5:25 - 6:10 pm  
**\*(NO CLASS: OCT 13)** 7/\$84 + gst  
UCC Fitness Studio  
Instructor: Britt Buirs

BRAZILIAN JIU-JITSU

This traditional Brazilian Jiu-Jitsu class is a form of release through movement. Expect a cardio intensive class featuring various drills with self-defense in mind. Guided with clear and safe instruction, students will practice sparring without striking. All levels are welcome, no experience is necessary. Wear tight fitting sport clothing with minimal zippers and pockets.



Drop-in \$10 in cash

**Thursdays,** 7:00 - 8:00 pm  
**Session A: September 4 - October 30** 9/\$90 + gst  
**Session B: November 6 - December 18** 7/\$70 + gst  
  
**Sundays,** 6:00 - 7:00 pm  
**Session A: September 7 - October 26** 8/\$80 + gst  
**Session B: November 2 - December 28** 9/\$90 + gst  
UAC Hall, 1510 Peninsula Road  
Instructors: Daniel Allos & Christian Sampson





## ADULT FITNESS CON'T

### OPEN HULA HOOP AND HOOP DANCE

Hula hooping can be a fun and engaging way to exercise, making it easier to stay motivated and stick with a fitness routine. Hula hooping offers a variety of benefits, including calorie burning, core strengthening, and improved balance and coordination. As the rain starts this fall join us inside at the Rec Hall for some hula hooping fun. This is an open space to express your art form and mingle. Nick will be on site for some limited guidance.

**Mondays, September 22, 29, October 6, 27, November 3, 17, 24, December 1, 8, 15** 7:00 - 8:30 pm  
Drop - in \$4  
Age: 18+  
Seaplane Base Recreation Hall, 160 Seaplane Base Road  
Volunteer instructor: Nick Donaldson



### ADULT GYMNASTICS

Open gym caters to all fitness and experience levels whether you want to learn new skills or maintain old ones on a variety of gymnastics apparatus including sprung floor, beam, uneven and parallel bars, vault and rings. Class starts with a guided full body warm up which contains strength and conditioning exercises followed by supervised time in the gym and then ending with a cool down stretch focused on increasing mobility and flexibility. A certified coach provides conditioning, drills and progressions needed to achieve personal gymnastics goals. Skills new participants can expect to learn are rolls, bridges, cartwheels, handstands, leaps and turns. Everyone is welcome.

Drop-in \$10 only, cash or credit card.

**Mondays, September 15 - December 15 \*(NO CLASS: OCT 13)**  
12:00 - 1:00 pm  
UCC Main Hall (minimum of three students required)  
Instructor: Shelby McCreesh, NCCP L1

## COOKING WITH A PURPOSE



### Pilot project with Better at Homes

Better at Homes and the District of Ucluelet are partnering up once again to inspire our residents 55+ to get creative in the kitchen this fall. Join this new team of cooks and create some inspirational one pot style meals for yourselves and community members in need of a little assistance.

Led by Annie Goertzen, this team of cooks will learn how to create some hardy fall recipes in large batch meals that will be packaged, frozen and later distributed to those in need.

Register for each class separately at the UCC, \$5 + gst

Thursdays, 12:30 - 3:00 pm

October 2  
October 9  
October 16  
October 23  
October 30

November 6  
November 13  
November 20  
November 27

December 4  
December 18



\*For more information on eligibility and how to sign up for delivered meals **OR** if you would like to assist with delivery of meals please contact the Better at Homes Coordinator at 250-266-3780.



Made possible by:



United Way helping seniors remain independent.



## OLDER ADULT PROGRAMS

### CHI GONG

Learn the eight Essential Standing Exercises of Chi Gong and gain greater strength and balance in a gentle, flowing exercise style. Naturally anti-aging and detoxifying, greater flexibility and range of motion are just a few of the benefits you can expect from this weekly practice. No experience is required, just come and join the group.



**Mondays & Wednesdays, September 3 - December 17\***

\*(NO CLASS: OCT 13)  
UCC Main Hall & Fitness Studio  
Instructor: Jan Draeseke

10:30 - 11:30 am  
\$3 drop-in fee  
30/ \$90 + gst

### CHAIR YOGA

Chair yoga is an excellent way for adults to loosen and stretch painful muscles, reduce stress, and improve circulation. It also reduces anxiety, helps lower blood pressure, protects joints, builds strength and balance and can help with a better sleep. No experience or physical fitness levels required. This class is not limited to seniors, it's for everyone, just come out and have some fun and keep moving.



**Thursdays, September 4 - December 18**

UCC Main Hall  
Volunteer: Cris Martin

10:00 - 11:00 am  
\$2 drop-in fee

### TAOIST TAI CHI

Taoist Tai Chi is an exercise form of T'ai Chi Ch'uan, a modified form of Yang-style T'ai Chi Ch'uan developed by Taoist monk Moy Lin-shin in Toronto, Ontario. Participants must already know the "108 movements", this is not a teaching class.

**Tuesdays, September 9 (ongoing)** Main Hall  
**Thursdays, September 4 (ongoing)** Main Hall  
Volunteer Led

4:00 - 4:45 pm  
4:00 - 4:45 pm  
\$2 drop-in fee

### DANCE FIT 50+

This program has been re-worked to a low impact and low intensity class. Learn simple and fun dance routines to a wide variety of musical styles while exercising your memory, coordination, and balance in a relaxed and social atmosphere. This class will consist of a warm up, dance combination instruction, gentle stretching and a cool down. All abilities welcome.



**Tuesdays & Fridays, September 2 - December 19**

9:00 - 10:00 am  
UCC Main Hall  
Instructor: Sarah Hogan

\$6 drop-in fee  
Punch cards available

### PICKELBALL

No experience is needed to play this sport. All ages are welcome. You don't need to worry about having a partner either, there are lots of people to play with. There are spare paddles to try out before purchasing one yourself. Pickleball is a paddle ball sport (similar to a racquet sport) where opponents hit a perforated ball over a net. Come by the UCC and set up your account!



**Mondays, Wednesdays, Fridays, Saturdays, Sundays**

9:00 - 3:00 pm \$2 drop-in fee Punch cards available  
Seaplane Base Recreation Hall, 160 Seaplane Base Road

## UKEE ROLLER RINK - COME GET YOUR SKATE ON

Come on out for some music and fun at the local Rec Hall "roller rink". Open to all ages - from wee ones to "older" wee ones. Don't fret if you don't have wheels or blades, skates are provided though there are limited amounts. It is recommended for rookies and young ones to wear protective gear, especially wrist guards and helmets. Parents/guardians must be with their young children during scheduled times.

### FAMILY FUN

**Sundays, 12:30 - 3:00 pm**  
**September 21, October 26, November 23, December 14** \$5 drop-in  
Rec Hall, 160 Seaplane Base Road

### YOUTH & ADULT

**Fridays, 7:00 - 9:00 pm**  
**September 19, October 3, 17, November 7, 21, December 5, 19** \$5 drop in fee Age 15+

Volunteer Instructors: Christina Lanoville & Holly McPhail

